

## Cucumber Almond Dip

### Ingredients:

- 1/4 cup plus 1 tablespoon sliced almonds
- 3/4 cup fat-free or light sour cream
- 2/3 cup peeled, seeded, and coarsely chopped cucumber (about 1/2 medium)
- 1 medium green onion, cut into 1/4-inch pieces
- 2 teaspoons salt-free tomato, basil, and garlic seasoning blend
- 2 teaspoons red wine vinegar
- 1/2 teaspoon light brown sugar



### Directions:

In a medium skillet, dry-roast the almonds over medium-heat for 3 to 4 minutes, or until golden brown, stirring occasionally. Put 1 tablespoon almonds in a small bowl. Set aside to use as a garnish.

In a food processor or blender, process the remaining almonds for 3 to 5 seconds, or until coarsely crushed. Transfer to a medium serving bowl.

Process the remaining ingredients until the desired consistency, about 5 seconds if you prefer a chunky texture, 15 to 20 seconds for smooth. Stir into the crushed almonds. Cover and chill if desired.

Crushed toasted almonds provide a nice crunch to this quick and easy appetizer, and the delicate flecks of green onions and seasonings add eye appeal. It's convenient and stress-free for parties--you can make it up to four days in advance and serve it with colorful precut vegetables. To serve, stir the mixture. Sprinkle with the reserved almonds.

**Cook's Tip:** For a decorative presentation, peel a medium cucumber in lengthwise strips about 1/2 inch wide and 1/2 inch apart, leaving 1/2-inch strips of peel intact. Cut the cucumber crosswise into 3/4-inch slices. Using a melon baller or the tip of a small spoon, partially hollow out the slices, making little cups with enough of one end intact to hold the filling in place. Spoon the filling into the cups. Serves 8. Serving Size: 2 tablespoons

### NUTRITION ANALYSIS:

Calories: 51

Total Fat: 2.0 g

Saturated Fat: 0.0 g

Polyunsaturated Fat: 0.5 g

Monounsaturated Fat: 1.0 g

Carbohydrates: 6 g

Sugar: 2 g

Fiber: 1 g

Cholesterol: 4 mg

Protein: 2 g

Sodium: 20 mg

Dietary Exchanges: 1/2 skim milk

Source: American Heart Association Choose to Move